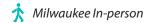
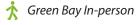
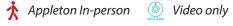
Whole Health & Well-Being Calendar January 1-March 31, 2023 MKE VA, UG, and NEWAC clinics | Open to Veterans enrolled in VA healthcare

| Times Class Extension 10:00-11:00am ≜ Health Coaching for Women 1/23-3/20 43611 10:30-11:00am ≜ Guided Imagery 1-872-701-0185 Conference ID: 916 314 395# 43611 1:30-2:15pm ⅓ Warrior Stance Chair Yoga Session 1: 1/9-2/13, Session 2: 2/27-3/27 43611 2:30-3:30pm ⅙ Skill-Building: Relationship and Connection 1/23-3/20 43611 4:00-445pm ⅙ Ya Calm-1/23-3/20 (8 classes) 43611 7:00-0530pm ⅙ VA Calm-1/23-3/20 (8 classes) 43611 7:00-10:00am ⅙ WAMM (Walk A Mile or More) 42893 10:15-11:45am ∄ Taking Charge of My Life and Health: 1/31-3/21 43611 11:00-12:45pm ⅙ Meditation 1-872-701-0185 Conference ID: 773 544 290# 43611 1:00-1:45pm ⅙ Skill-Building: Moving the Body-1/24-3/14 43611 1:00-1:45pm ⅙ Skill-Building: Power of the Mind: 1/24-3/14 43611 4:00-5:00pm ⅙ Kall-Building: Power of the Mind: 1/24-3/14 43611 4:00-5:00pm ⅙ Warrior Stance Yoga: Session 1: 1/3-2/7, Session 2: 2/21-3/28 43611 4:00-4:45pm ⅙ Warrior Stance Yoga: Session 1: 1/3-2/7, Session 2: 2/21-3/28 43611 4:0 | | class Federal Holidays Call to registe | r: 1-888-469-6614 |
|---|--|---|--------------------|
| 10:30-11:00am | | <u> </u> | |
| 1:30-2:15pm ②★Warrior Stance Chair Yoga Session 1: 1/9-2/13, Session 2: 2/27-3/27 43611 2:30-3:30pm ③ Skill-Building: Relationship and Connection 1/23-3/20 43611 4:00-4:45pm ③ ATal Chi 1/9-2/13 Session 2: 2/27-3/27 43611 **TUESDAY Calm-1/23-3/20 (8 classes) 43611 **TUESDAY Call to register: 1-888-469-6614 9:00-10:00am ③ WAMM (Walk A Mile or More) 42893 10:15-11:45am ③ Taking Charge of My Life and Health: 1/31-3/21 43611 1:30-12:00pm ④ Meditation 1-872-701-0185 Conference ID: 773 544 290# 43611 1:00-145pm ④ Tai Chi: Session 1: 1/3-2/7, Session 2: 2/21-3/28 43611 1:00-2:00pm ⑤ Skill-Building: Moving the Body-1/24-3/14 43611 2:30-3:30pm ⑥ Skill-Building: Power of the Mind: 1/24-3/14 43611 2:30-3:30pm ⑥ Skill-Building: Power of the Mind: 1/24-3/14 43611 2:30-3:30pm ⑥ Warrior Stance Yoga: Session 1: 1/3-2/7, Session 2: 2/21-3/28 43611 **WEDNESDAY Call to register: 1-888-469-6614 9:00-10:00am ⑥ WAMM (Walk A Mile or More) 42893 10:00-11:00am ⑥ Health Coaching Monthly Maintenance Group-1/11, 2/8, 3/8 43611 1:00-1:45pm ⑥ MOVEI Orientation: Jan 18th, March 15th 47387 2:00-3:30pm ⋒ MOVEI Orientation: Jan 18th, March 15th 47387 2:00-3:30pm ⋒ MOVEI Orientation: Jan 18th, March 15th 47387 1:00-1:1:30am ⋒ WAMM 4289 9:00-10:00am ⑥ MAMM 4289 9:00-10:00am ⑥ MAMM 4289 9:00-10:00am ⑥ MOVEI Orientation: Jan 18th, March 15th 47387 1:1:00-1:2:00pm ⑥ Skill-building: Spirit and Soul: 1/26-3/16 43611 1:00-1:2:00pm ⑥ Skill-building: Recharge-1/19-3/9 43611 1:00-1:2:00pm ⑥ Skill-building: Recharge-1/19-3/ | 10:00-11:00am | Mealth Coaching for Women 1/23-3/20 | 43611 |
| 2:30-3:30pm | 10:30-11:00am | © Guided Imagery 1-872-701-0185 Conference ID: 916 314 395# | 43611 |
| 4:00-4:45pm | 1:30-2:15pm | ©☆ Warrior Stance Chair Yoga Session 1: 1/9-2/13, Session 2: 2/27-3/27 | 43611 |
| ### Titles | 2:30-3:30pm | © Skill-Building: Relationship and Connection 1/23-3/20 | 43611 |
| TUESDAY | 4:00-4:45pm | <u>⊚</u> † Tai Chi 1/9-2/13 Session 2: 2/27-3/27 | 43611 |
| 9:00-10:00am | 4:00-5:30pm | © VA Calm -1/23-3/20 (8 classes) | 43611 |
| 10:15-11:45am | TUESDAY Call to register: 1-888-469-6614 | | |
| 11:30-12:00pm | 9:00-10:00am | WAMM (Walk A Mile or More) | 42893 |
| 1:00-1:45pm | 10:15-11:45am | © Taking Charge of My Life and Health: 1/31-3/21 | 43611 |
| 1:00-2:00pm | 11:30-12:00pm | Meditation 1-872-701-0185 Conference ID: 773 544 290# | 43611 |
| 2:30-3:30pm | 1:00-1:45pm | ② † Tai Chi: Session 1: 1/3-2/7, Session 2: 2/21-3/28 | 43611 |
| 4:00-5:00pm | 1:00-2:00pm | © Skill-Building: Moving the Body-1/24-3/14 | 43611 |
| ### Warrior Stance Yoga: Session 1: 1/3-2/7, Session 2: 2/21-3/28 ### WEDNESDAY Call to register: 1-888-469-6614 9:00-10:00am @ WAMM (Walk A Mile or More) 42893 10:00-11:00am @ Health Coaching Monthly Maintenance Group-1/11, 2/8, 3/8 43611 1:00-1:45pm @ † Warrior Stance Chair Yoga (No Class 4th Wed of Month) 43611 1:00-2:00pm @ Intro to Healing Touch: 1/18, 2/8, 3/8 43611 2:00-3:30pm @ MOVE! Orientation: Jan 18th, March 15th 47387 4:00-4:45pm @ † Warrior Stance Yoga: Session 1: 1/4-2/8, Session 2: 2/15-3/22 43611 THURSDAY Call to register: 1-888-469-6614 9:00-10:00am @ WAMM 42893 10:00-11:00am @ Meditation & Mindful Awareness: 1-872-701-0185, ID 820 015 139# 43611 11:00-12:00pm @ Live Your Best Life: Whole Health and Well-Being Orientation 43611 11:00-12:00pm @ Skill-building: Spirit and Soul: 1/26-3/16 43611 11:30-12:30pm @ Crushing Codependency 43611 1:00-1:45pm @ † Tai Chi: Session 1: 1/5-2/8, Session 2: 2/15-3/22 43611 1:00-1:45pm @ MOVE! Orientation: Feb 16th 47387 FRIDAY Call to register: 1-888-469-6614 9:00-10:00am @ Guided Emotional Freedom Technique: Session 1: 1/6-2/17, Session 2: 2/24-3/31 43611 1:00-12:00pm @ VA Calm Maintaining Mindful Awareness 43611 1:00-12:00pm @ VA Calm Maintaining Mindful Awareness 43611 1:00-12:00pm @ WA Calm Maintaining Mindful Awareness 43611 1:00-12:00pm @ WA Calm Maintaining Mindful Awareness 43611 1:00-11:30am @ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 1:00-11:30am @ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 1:00-11:30am @ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 1:00-11:30am @ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 1:00-11:30am @ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 1:00-11:30am Women's Taking Charge of My Life and Health Group: 1/13-3/ | 2:30-3:30pm | © Skill-Building: Power of the Mind: 1/24-3/14 | 43611 |
| WEDNESDAY Call to register: 1-888-469-6614 9:00-10:00am ② WAMM (Walk A Mile or More) 42893 10:00-11:00am ③ Health Coaching Monthly Maintenance Group-1/11, 2/8, 3/8 43611 1:00-1:45pm ⑤ ★ Warrior Stance Chair Yoga (No Class 4th Wed of Month) 43611 1:00-2:00pm ⑤ Intro to Healing Touch: 1/18, 2/8, 3/8 43611 2:00-3:30pm ⑥ MOVE! Orientation: Jan 18th, March 15th 47387 4:00-4:45pm ② ★ Warrior Stance Yoga: Session 1: 1/4-2/8, Session 2: 2/15-3/22 43611 THURSDAY Call to register: 1-888-469-6614 9:00-10:00am ② WAMM 42893 10:00-11:00am ② Meditation & Mindful Awareness: 1-872-701-0185, ID 820 015 139# 43611 11:00-11:30am ② YOGA for Mental Wellness: Session 1: 1/5-2/9, Session 2: 2/16-3/30 43611 11:00-12:00pm ② Live Your Best Life: Whole Health and Well-Being Orientation 43611 11:00-12:00pm ② Skill-building: Spirit and Soul:1/26-3/16 43611 11:00-12:30pm ② Skill-building: Recharge-1/19-3/9 43611 1:00-1:45pm ② ★ Tai Chi: Session 1: 1/5-2/8, Session 2: 2/15-3/22 43611 2:00-3:30pm <t< td=""><td>4:00-5:00pm</td><td>Live Your Best Life: Whole Health and Well-Being Orientation</td><td>43611</td></t<> | 4:00-5:00pm | Live Your Best Life: Whole Health and Well-Being Orientation | 43611 |
| 9:00-10:00am | 4:00-4:45pm | ②☆ Warrior Stance Yoga: Session 1: 1/3-2/7, Session 2: 2/21-3/28 | 43611 |
| 10:00-11:00am | WEDNESDAY | Call to registe | r: 1-888-469-6614 |
| 1:00-1:45pm | 9:00-10:00am | WAMM (Walk A Mile or More) | 42893 |
| 1:00-2:00pm | 10:00-11:00am | Mealth Coaching Monthly Maintenance Group-1/11, 2/8, 3/8 | 43611 |
| 2:00-3:30pm | 1:00-1:45pm | | 43611 |
| 4:00-4:45pm | 1:00-2:00pm | | 43611 |
| THURSDAY Call to register: 1-888-469-6614 9:00-10:00am ② WAMM 42893 10:00-11:00am ③ Meditation & Mindful Awareness:1-872-701-0185, ID 820 015 139# 43611 11:00-11:30am ② YOGA for Mental Wellness: Session I: 1/5-2/9, Session 2: 2/16-3/30 43611 11:00-12:00pm ⑤ Live Your Best Life: Whole Health and Well-Being Orientation 43611 11:00-12:00pm ⑤ Skill-building: Spirit and Soul:1/26-3/16 43611 11:30-12:30pm ⑥ Crushing Codependency 43611 1:00-2:00pm ⑥ Skill-building: Recharge-1/19-3/9 43611 1:00-1:45pm ② ★ Tai Chi: Session 1: 1/5-2/8, Session 2: 2/15-3/22 43611 2:00-3:30pm ⑨ MOVE! Orientation: Feb 16th 47387 FRIDAY Call to register: 1-888-469-6614 9:00-10:00am ⑨ Guided Emotional Freedom Technique: Session I: 1/6-2/17, Session 2: 2/24-3/31 43611 11:00-12:00pm ⑨ VA Calm Maintaining Mindful Awareness 43611 10:00-11:30am ⑨ Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 | 2:00-3:30pm | MOVE! Orientation: Jan 18th, March 15th | 47387 |
| 9:00-10:00am | 4:00-4:45pm | | 43611 |
| 10:00-11:00am | THURSDAY | Call to registe | r: 1-888-469-6614 |
| 11:00-11:30am | 9:00-10:00am | ⊚ WAMM | 42893 |
| 11:00-12:00pm | 10:00-11:00am | Meditation & Mindful Awareness: 1-872-701-0185, ID 820 015 139# | 43611 |
| 11:00-12:00pm | 11:00-11:30am | YOGA for Mental Wellness: Session I: 1/5-2/9, Session 2: 2/16-3/30 | 43611 |
| 11:30-12:30pm | 11:00-12:00pm | Live Your Best Life: Whole Health and Well-Being Orientation | 43611 |
| 1:00-2:00pm | 11:00-12:00pm | Skill-building: Spirit and Soul:1/26-3/16 | 43611 |
| 1:00-1:45pm | 11:30-12:30pm | Crushing Codependency | 43611 |
| 2:00-3:30pm | 1:00-2:00pm | Skill-building: Recharge-1/19-3/9 | 43611 |
| FRIDAY Call to register: 1-888-469-6614 9:00-10:00am Guided Emotional Freedom Technique: Session I: 1/6-2/17, Session 2: 2/24-3/31 43611 11:00-12:00pm VA Calm Maintaining Mindful Awareness 10:00-11:30am Women's Taking Charge of My Life and Health Group: 1/13-3/10 43611 | 1:00-1:45pm | <u>◎</u> † Tai Chi: Session 1: 1/5-2/8, Session 2: 2/15-3/22 | 43611 |
| 9:00-10:00am© Guided Emotional Freedom Technique: Session I: 1/6-2/17, Session 2: 2/24-3/314361111:00-12:00pm© VA Calm Maintaining Mindful Awareness4361110:00-11:30am© Women's Taking Charge of My Life and Health Group: 1/13-3/1043611 | 2:00-3:30pm | MOVE! Orientation: Feb 16th | 47387 |
| 11:00-12:00pm | FRIDAY | Call to registe | er: 1-888-469-6614 |
| 10:00-11:30am | 9:00-10:00am | Guided Emotional Freedom Technique: Session I: 1/6-2/17, Session 2: 2/24-3/31 | 43611 |
| | 11:00-12:00pm | VA Calm Maintaining Mindful Awareness | 43611 |
| 1:00-1:45pm | 10:00-11:30am | Women's Taking Charge of My Life and Health Group: 1/13-3/10 | 43611 |
| | 1:00-1:45pm | ② † Warrior Stance Chair Yoga: Session 1: 1/6-2/10, Session 2: 2/24-3/31 | 43611 |











Call 414-384-2000 and extension listed for more information Self-Referral Classes January-March, 2023

♠ Health Coaching Ext. 43611

A Health Coach offers accountability and partners with the Veteran in making meaningful and sustainable behavioral change. Individual or Group options available.

Taking Charge of My Life and Health Ext. 43611 Empowers Veterans to assess their life, learn skills for change and develop self-care.

★ Chaplain Services Ext. 42160

Chapel open 8:00am-4:00pm, 7 days a week. To speak to a Chaplain, call ext. 42160.

Wellness Power Hour Ext. 43611 for Webex link Learn skills to live Whole Health for Life. 12pm-1pm, 3rd Wed of the Month

⊚[†] Clinical Hypnosis Ext. 48629

A tool to support habit change and improve well-being.

Veteran Video ConnecZEN Ext. 41197

Learn an art form using patterns to create beautiful images while you harness a sense of well-being. Call for times.

ROSE: Reach Out Stay Strong Essentials Ext. 41213 Pregnant Veterans learn skills to cope with stress, manage relationships and plan for birth.

Diabetes Education Ext. 41903

Three options to provide the support and education you need for Diabetes Self-Management.

Tobacco Treatment/ Smoking Cessation

Virtual telephone support: 8:00am-8:00pm 1-855 QUIT VET (1-855-784-8838) Monday-Friday, Text VET to 47848, or visit Smokefree.gov/VET

★ Library Services Ext. 42341

Veterans must have a VA clinical appointment to access hospital. Monday-Friday, 8:00am-4:30pm Computers available Monday-Friday, 8:00am-4:00pm

Visual Impairment Series: Ext. 41832 for Webex link Rotating topics and resources related to vision loss.

Fridays 11:00 -12:00 pm: 1/20, 2/17, 3/18

Join by phone: 14043971596 Access code: 1991431062#

or to join by computer, call (414) 384-2000, ext. 41832

Pregnancy Education Series Ext. 41100

Cohort A: Tuesdays 4-5pm, Cohort B: Wednesdays 12-1pm

† Functional Rehab Group (FRG) for Persistent Pain

(Starts 1/30, 8 weeks) Ext. 41100

1-3pm Mondays, Wednesdays, and Fridays

OT Lifestyle Clinic Ext. 42893

Wednesdays 3-5pm

Healthy Sleep Ext. 45764

Tuesdays 12-130pm

Appleton, Green Bay and Cleveland Only:

Toll-Free: 1-877-204-7970

Seated Tai Chi Ext. 47902

Tuesdays, 10-11:00am, Ask provider for referral

⑤☆ Seated Yoga Ext. 47902

Mondays, 10-11:00am Ask provider for referral

<u>⊚</u> Seated Yoga Ext. 47902

Thursdays 2-245p.m., Ask provider for referral

* Warrior Stance Chair Yoga Ext. 43611

Tuesdays 10:15-11am

Session I: 1/3-2/14, Session II: 2/21-3/21 no class 3/14/23

NEWAC Prediabetes and Diabetes Education

Ext. 47442

Tuesdays, 1:30-3pm or Wednesdays, 9-10:30am

⊚ Healthy Sleep Class Ext. 47889

Every 4th Wednesday, 10:00-11:30am

* Healthy Aging Class Ext. 47889

Every 4th Tuesday, 11:00am-Noon

Coping Skills Group Ext. 47551 or 47520

Learn tools to cope with life. Mondays, 2:00-3:00pm

* Taking Charge of My Life and Health Ext. 43611

Wednesdays 1/18-2/22 2pm-3:30pm

* Taking Charge of My Life and Health Ext. 43611

Tuesdays 2:15pm-3:45pm 1/24 - 3/14





📩 Milwaukee In-person 🗼 Green Bay In-person 📩 Appleton In-person





VA Video Connect Program Help Desk

1-866-651-3180





